

PA4ST

GAS BARBECUE

PA4ST Barbecues are distributed
in the United Kingdom by:-

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User Guide & Accessories

CONGRATULATIONS.....

on choosing a PA4ST Gas Barbecue. For over 30 years the Sunshine name has stood for innovative, well designed and high quality barbecues in Australia, and now we are following their trend, by choosing Australia's finest outdoor cooking system.

In this guide, we aim to help you become familiar with the Australian way of cooking. We want you to enjoy your PA4ST to its full potential, and realise what fun can be had cooking on a stylish, quality barbecue that you can rely on every time.

Page 2 *Direct cooking the Australian way.*

An insight into how the Australians enjoy barbecued food, and the differences to the traditional American gas barbecues.

Page 3 *Cooking on your griddle plate.*

Introducing you to the most versatile cooking surface on your BBQ, it will make you wonder how you managed before!

Page 4 *Cooking on your chargrill plate.*

What you can expect from the most traditional form of barbecue cooking.

Page 5 *Care and cleaning of your barbecue.*

Tips and advice on keeping your PA4ST barbecue in the best possible condition.

Page 6 *Care and cleaning of your barbecue trolley.*

More tips, but this time on keeping your stylish trolley looking its best.

Page 7+8 *PA4ST accessories.*

Here we give you an idea of how you can enhance the performance of your new PA4ST barbecue.

Page 9 *Your questions answered.*

The most often asked questions we are asked by our customers.

Pages 10-14 *PA4ST recipes.*

Some appetising recipes and very different ideas to give you a taste of how different your barbecues can be from now on.

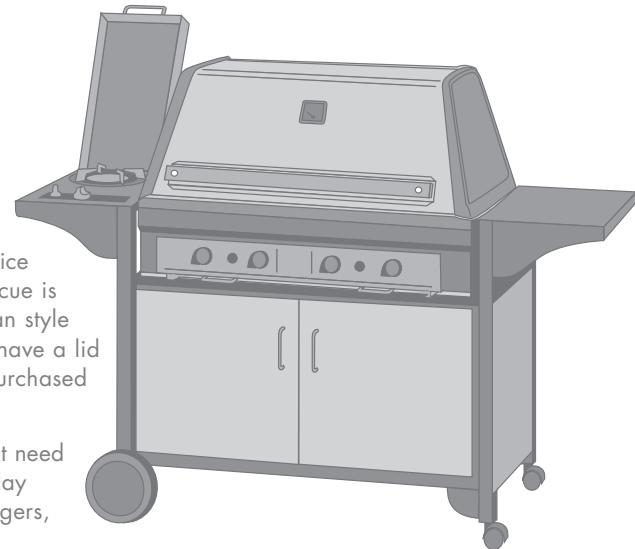
We trust this information will give you some new ideas and a basis on which to build your enjoyment of barbecue cooking 'the Australian way'. We may not have the Australian climate, but we have got the best of their barbecues!

Happy cooking !

DIRECT COOKING THE AUSTRALIAN WAY

The first thing you will notice about your PA4ST barbecue is that, unlike their American style counterparts, they don't have a lid although a lid may be purchased as an accessory.

This is because they don't need a lid for cooking every day items such as steaks, burgers, kebabs and sausages.



By using heavy-weight porcelain cooking surfaces that are closer to the heat source, Australian style barbecues have a more direct method of cooking. The porcelain absorbs the heat, giving a more even distribution. This enables the food to be cooked thoroughly without excessive charring, and no need for a lid to 'hold in the heat'.

WHAT'S THE HURRY ?

If you've owned an American style barbecue before you'll notice that the PA4ST barbecue does not have the same forceful, roaring flames from their burners. The heat supply is more balanced to give perfect results. Initially you may feel that there isn't sufficient heat, but give it a little more time to cook and you'll find that everything is perfectly cooked the 'Australian' way.

Also remember that during Spring, Autumn and Winter, or when there's a stiff breeze, you should allow more time for cooking.

HEAT DISTRIBUTION

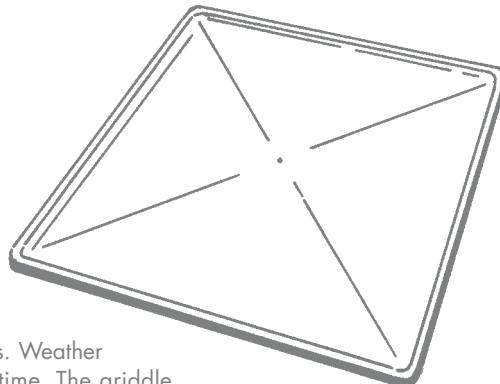
You may find your PA4ST barbecue cooks slightly hotter at the back of the cooking area. It is perfectly normal, and it can be quite advantageous having a less hot cooking area where food can be finished off, or kept warm with a more gentle heat.

THE OUTDOOR OVEN

The only time you need a lid for the PA4ST barbecue is if you are planning to do baking or roast whole joints of meat and poultry. Then you will need the optional roasting lid, for more details see our accessories feature on page 7 & 8. The lid, with its temperature gauge will enable you to obtain perfect results through indirect convection cooking.

GRIDDLE COOKING

This barbecue has a separate reversible porcelain cooking surface as well as the traditional 'char-grill' cooking area.



The griddle is normally hot enough for cooking on after heating up on 'high' for 10 minutes. Weather conditions can of course vary this time. The griddle can also be left on low and used simply as a warming plate.

SO VERSATILE

This solid plate is the most flexible cooking area on your barbecue, it opens up a whole new area of cooking out of doors. Firstly, you can cook everything on this surface that you cook on the char-grill side, great for when fatty sausages or burgers cause 'flare-ups' on the char-grill. You can use it as a hot plate to heat pans of vegetables or barbecue sauces. And you can cook directly on the plate, ideal for small items like prawns, mushrooms, onions and stir fries.

THE GREAT BRITISH BREAKFAST

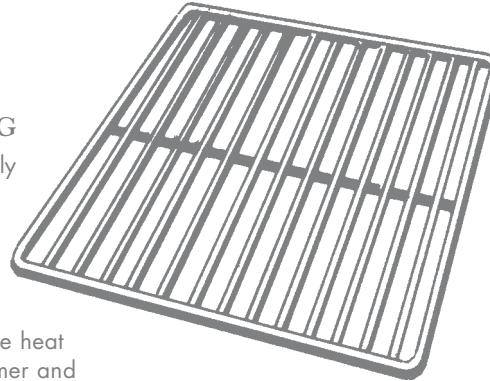
This means you can also cook your authentic British breakfast. Add a little oil to one side of your hot griddle to cook bacon, eggs, mushrooms and even fried bread! On the other side you can heat up your pan of baked beans.

EVEN TASTIER

Of course one of the most traditional ways to use your griddle is to sear pieces of meat on both sides before cooking them over the char-grill, sealing all of the flavour in for the tastiest meal.

CHAR-GRILL COOKING

Char-grill cooking is traditionally the most popular method of barbecuing. The porcelain gas burners heat up the flame tamer from below and food placed on the char-grill is then cooked by the heat emitted from the hot flame tamer and briquettes. The char-grill and briquettes are ready for cooking after approximately 10 minutes on high.



BARBECUE FLAVOUR

Using this method of cooking the unique barbecue flavour comes to your food from the juice dripping on the hot briquettes below, vapourising and then being absorbed back into the food. This is the same way non-gas barbecues cook, using charcoal instead of heated briquettes.

FLARE-UPS

Some cuts of meat can be excessively fatty and during cooking the fat may begin to drip into the fire, and a flare-up may occur. The flames will die out when the fat or oil has burnt out, during this time you can transfer food to the griddle plate and continue cooking. To help avoid flare-ups cut away any excess fat from the meat.

Before you begin cooking always check the fat drip tray is not full and likely to catch fire. Line the drip tray with tin-foil to make cleaning easier. Do not, under any circumstances, use sand or similar absorbent material in the drip tray.

We recommend that the drip tray is emptied after every barbecue session to avoid the risk of fat fires. If cooking for an extended period, check the drip tray more frequently.

FAT FIRES

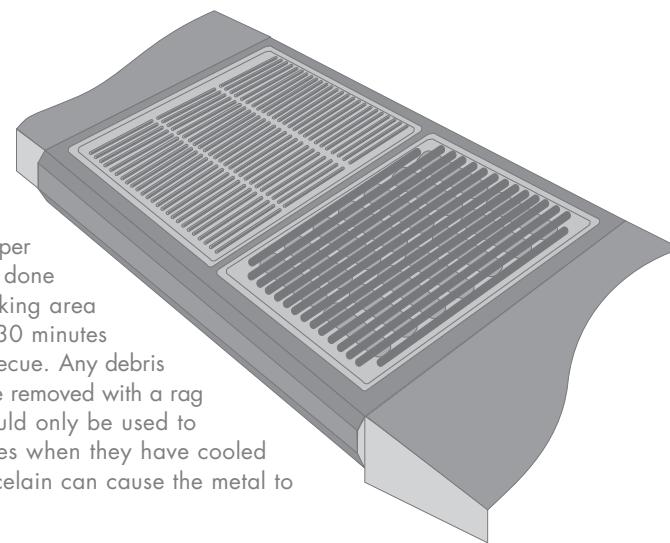
Should you experience a fat fire in the drip tray, simply turn off the gas at the cylinder, then the individual burners. Do not pull out the drip tray. After 2 or 3 minutes the fire will extinguish.

IMPORTANT NOTE

Fat fires are usually caused by excessive fat in the drip tray, or by cooking very fatty burgers, sausages or chicken legs/wings. We recommend that you cook food with a low fat content or that has the excess fat or skin trimmed off. Although damage caused by fat fires is not covered by the warranty, any replacement parts can be purchased very inexpensively.

CLEANING AND CARE OF YOUR PA4ST BARBECUE COOKING PLATES

When you have finished using your barbecue, clean off the cooking surfaces with a metal scraper or soft wire brush. This is done most easily when the cooking area is still warm, about 20 - 30 minutes after turning off the barbecue. Any debris and excess oil can then be removed with a rag or kitchen roll. Water should only be used to clean the cooking surfaces when they have cooled down. Water on hot porcelain can cause the metal to crack or break.



Ensure that you oil the porcelain cooking surfaces with cooking oil after use. This is particularly important when putting the barbecue away for winter storage. The next time you use your barbecue the oil will be burnt off during the 10 minute warm up period, leaving a clean cooking surface.

BARBECUE CASING

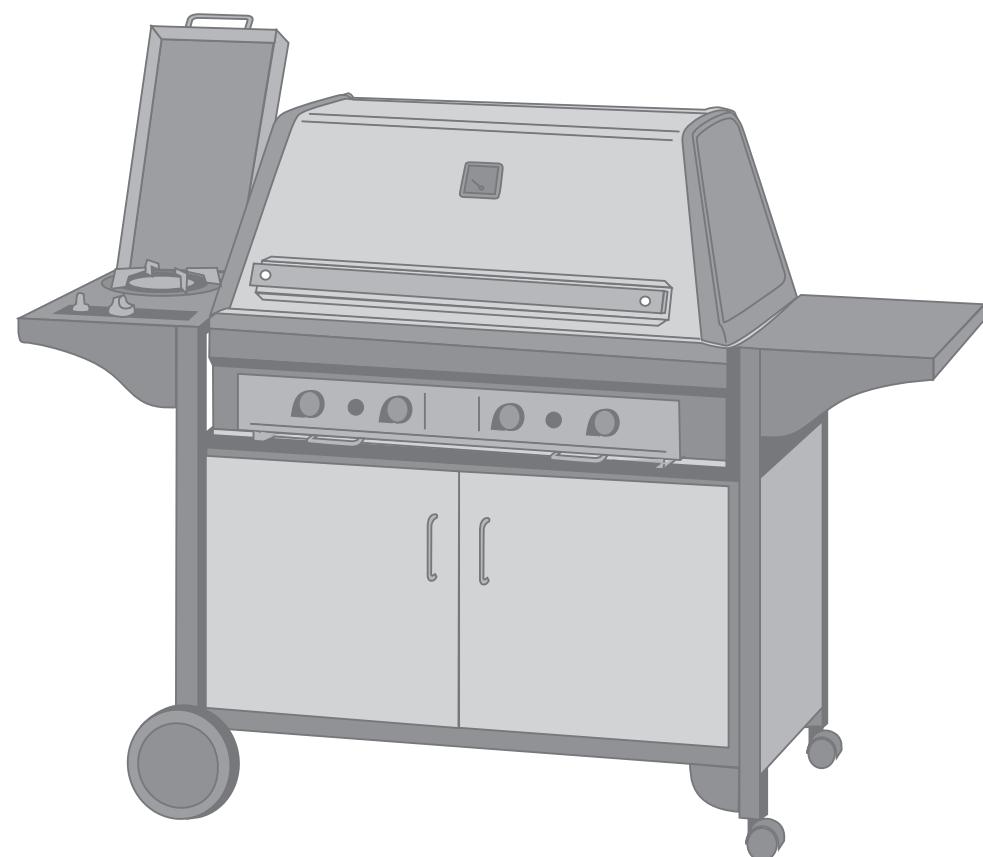
If you need to clean the casing of your barbecue this should be done with a soft cloth and warm soapy water. DO NOT use a wire brush or scraper on the barbecue's inside, main body or drip tray, as this will remove the zinc coating that protects it from corrosion. If you have spilt marinade on your barbecue during cooking it is best to wipe after use as some marinades can be quite acidic, and may affect the paint-work. Try not to wipe the paint-work when the barbecue is still hot as this can be dangerous and the paint may become soft in some conditions.

BRIQUETTES

DO NOT WASH the briquettes. These can be cleaned by turning the burners on 'high' for 15 minutes or so to allow the fat to burn off. Heavily impregnated briquettes should be turned over so the dirty side faces the burners, and burnt off in the same way.

BURNERS

It is also recommended that the gas burners are removed from the barbecue at the start of each season and cleaned. Simply unclip the rear underside of the burner from the barbecue and lift them out, and keep the small ports (holes) free from debris. It is quite normal for surface rust to appear on these porcelain burners. When clean, shake off the debris from inside the burner and replace in barbecue.



To enhance the performance of your new barbecue we have available a range of accessories that will enable you to become an outdoor master chef.

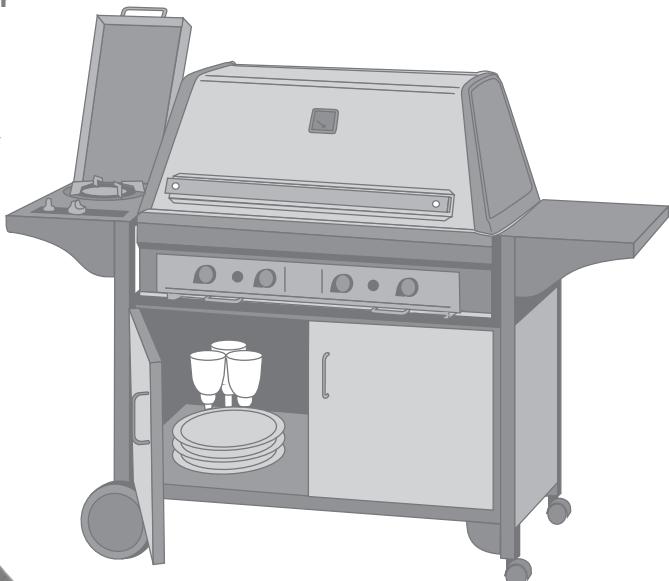
These accessories are normally available from the retailer where you bought your barbecue. For a full list of stockists please contact:-

Tel: 01865 88 44 33 or

Fax: 01865 88 44 34

STORAGE TROLLEY

The trolley incorporates a two door integral cupboard for the purpose of storage.



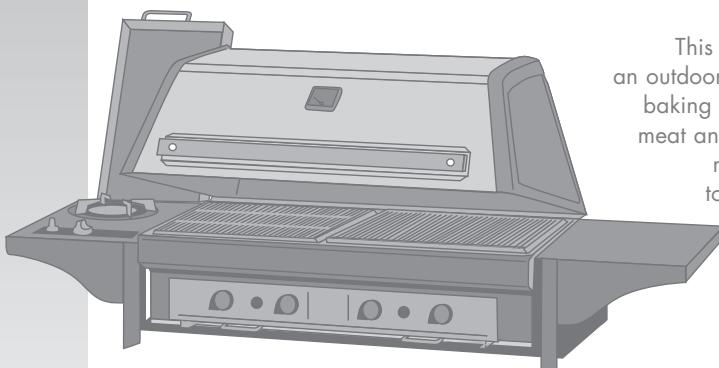
SIDE-BURNER

A side-burner is fitted as standard to the BBQ.



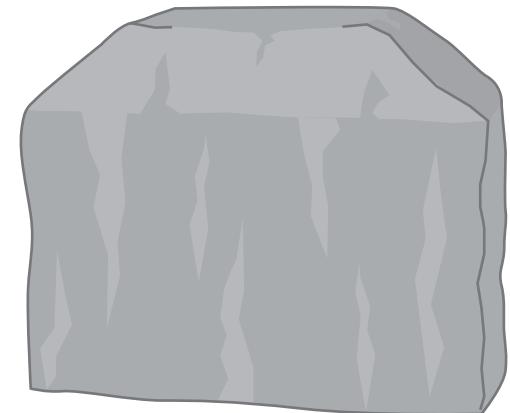
ROASTING HOOD

This converts your barbecue into an outdoor oven and is specifically for baking and roasting whole joints of meat and poultry. The roasting lid is not designed for, or needed, to cook usual barbecue food, such as sausages, steaks and chicken portions. The lid has a hardwood handle and heat indicator.



VINYL COVERS

To get the most use out of your barbecue, we recommend that you keep it on the patio for the whole summer season. These lined vinyl covers help to protect both the barbecue and trolley against the worst of the weather. They are made using heavy weight vinyl, lined to prevent the barbecue 'sweating' and elasticated around the bottom.



COMP1004 PA4ST Vinyl Cover



WOK INSERT HOT PLATE

This ingenious plate enables you to use your wok on your barbecue to stir-fry delicious dishes. With the PA4ST barbecue simply remove the existing griddle or char-grill plate (and the flame tamer) and replace with the wok insert plate.

BBA 0600
Wok Insert Hot Plate



GAS BOTTLE COVER

GBC1 fits standard size gas bottle

YOUR QUESTIONS ANSWERED...

- **Which gas can you use on a PA4ST barbecue?**

PA4ST barbecues are designed to use Propane or Butane LPG. Your local bottle gas supplier (Calor Gas etc) will be able to supply you with the regulator to suit your gas choice.

- **Butane or Propane, what's the difference?**

Propane will enable you to use your barbecue all year round as it will continue to supply gas pressure on the coldest Winter's day. Propane tends to be in red cylinders, which require the use of a spanner when changing.

Butane is suitable for Spring, Summer and Autumn use. It tends to be more readily available and usually comes in blue cylinders, which do not require the use of a spanner when changing.

- **Which size cylinder?**

Propane: Minimum 6 kg (13kg is the best size)

Butane: Minimum 11 kg (15kg is the best size)

- **How long will the cylinder last?**

The PA4ST uses approx. 750gms of gas per hour, with all 4 burners on 'full'. This gives approx. 20 hours of barbecuing from a 15kg cylinder. In reality it is rare to have 4 burners on for very long, so we would estimate that a PA4ST would run for up to 30 hours on a 15kg cylinder.

- **Are they safe to use?**

All PA4ST Gas barbecues have been tested to meet the new CE safety standards, and carry the CE mark of approval.

- **Are they easy to use?**

Turn on the gas supply at the cylinder, push ignitor button and leave the burners on high for about 10 minutes to heat the plates and flame tamer. Then turn the burners down and the barbecue is ready to use.

- **How do I know when the barbecue is alight?**

When your barbecue ignites you will hear the initial 'catching' of the flame. After this the burners make little, if any noise, especially if you are comparing them with American gas barbecues. It is difficult to see the flame, especially in daylight, but the heat will soon become apparent on the cooking plates.

- **How many burners must I use at a time?**

You can use just one or all the burners at any one time, it does not matter which ones you use. If using the roasting lid, no more than the two outside burners should be used after the initial warming-up period.

INTRODUCTION

Your PA4ST barbecue is simple in design and operation, yet offers the widest scope of barbecuing you could hope for. The char-grill and griddle plates, together with the advantages of the modern gas barbecue, make it practical to cook all sorts of menus, all year round. You can bake (with the optional roasting lid - details in our accessories feature), make delicious sauces, even stir fry. Anything you can do in the kitchen can be done on the barbecue.

Where once families ate charred chops and sausages, they dine on turkey roulade and bananas filled with chocolate. And where not long ago baked potatoes were considered daring, a rich bounty of fruit and vegetables creates a feast of colours, shapes and tastes.

Following are a few recipes we have enjoyed on our PA4ST barbecue.

COOKING TIPS FOR YOUR BARBECUE

- Use tongs to turn meat on your barbecue as a fork will puncture the surface allowing juices to escape, which lets the meat dry out.
- Marinated meat gives added flavour and tenderness, the meat can be marinated anything from a few hours to overnight. Experiment with your own marinades. Basic ingredients can include; wine or vinegar, sugar (if using vinegar), lemon juice, soy or Worcester sauce, garlic, herbs and seasoning.
- Trim excess fat from meat prior to cooking helping prevent flare-ups.
- Soak bamboo or wooden skewers in water for 30-60 minutes before filling with meat and vegetables to prevent them from burning.
- When cooking meat on the griddle, always ensure it is very hot before use to seal in the juices.
- When cooking vegetable kebabs, brush lightly with some oil as they cook.
- If you want to use the aromatic smoke chips on the char-grill area, tip the chips into a small clean tin and lay this amongst the briquettes prior to lighting the barbecue. If the chips are put straight onto the hot briquettes they can produce ash which will fall through and may clog up the burners.

MARINADES

Simple BBQ Marinade

- 5 tbs. vinegar
- 5 tbs. brown sugar
- 1 tsp. English mustard
- 2 tbs. soy or Worcester sauce
- 2 cloves crushed garlic
- 1 medium onion chopped
- 2 tbs. tomato puree

Mix all ingredients together, pour over meat and leave up to 8 hours, turning occasionally. Can be used with red or white meat.

Minty Lamb Marinade

8 thick lamb chops

MARINADE

- 2 tbs. teriyaki sauce
- 120 ml oil
- 120 ml dry white wine
- 50 ml mint sauce
- 1 clove garlic crushed
- 1 bay leaf

Mix marinade ingredients and pour over chops for about 3 hours. Turning occasionally. Cook chops over a low heat on the char-grill, basting with marinade as they cook.

Really Simple BBQ Marinade

- 5 tbs. tomato sauce
- 5 tbs. brown sauce
- 2 cloves crushed garlic
- 5 tbs. soy or Worcester sauce mustard or chilli to personal taste

Pour over meat for a few hours!

Barbecue Marinade / Sauce

(Where the marinade can be heated, becoming a sauce to go with the meat)

- 250 ml red wine
- 1 tsp. mixed herbs
- 2 tbs. soy sauce
- pinch nutmeg
- 120 ml vinegar
- pinch ground cloves
- 1 medium onion chopped
- 1 carrot chopped
- corn flour (optional)

Marinate red meat for up to 24 hours, turning occasionally. While meat is cooking, heat marinade in a pan, corn-flour can be added if you want to thicken the sauce up.

VEGETABLE DISHES

Ozzie' Corn On The Cob

- 4 corn cobs
- (SERVES FOUR)
- 6 tbs. grated cheese
- 2 small tomatoes skinned & chopped

Gently fold back husks & remove silk from corn. Soak in iced water for 30 mins. Mix tomatoes & cheese & pile on cobs. Reposition husks, tie ends with string & place on char-grill or griddle for 20-30 mins, brushing husks with water occasionally.

Wild Rice & Vegetables Fritters

(SERVES FOUR)

- 300gm cooked wild rice
- 1 tbs. chopped spring onions
- 2 tbs. peas
- 2 eggs lightly beaten
- 3 tbs. chopped & seeded yellow peppers
- 3 tbs. chopped & seeded red peppers
- salt & pepper

Combine all the ingredients. Spoon onto a lightly oiled griddle plate on a low heat. Cook for 2 minutes on each side. Turning once only.

COOKING WITH MARINADES

Barbecued Tuna Steaks

4 Thick tuna steaks

MARINADE; (SERVES FOUR)

- 250 ml teriyaki sauce
- 1 small onion, chopped
- 1 tbs. oil
- 2 tsp. grated fresh ginger
- 1/2 tsp. grated orange rind

Mix the marinade ingredients and pour over tuna steaks in a shallow dish. Leave for 1 hour, turning 2 or 3 times. Place fish on a moderate griddle plate, and brush frequently with marinade. Cook for 5 minutes on each side, the fish is cooked when it flakes easily.

Sozzled Steak

2kg steak (choose your favourite!)

MARINADE;

(SERVES FOUR)

- 1 can of beer or lager
- 1 medium onion
- 125ml soy sauce
- 1/4 tsp. black pepper

Mix the marinade ingredients and pour over the steak in an air tight plastic bag. Squeeze out excess air and seal securely. Leave in the fridge overnight, turning occasionally. Cook steak on a hot char-grill plate, turning frequently. Alternatively, cook on a hot griddle plate, adding some of the marinade as you cook.

Pork Spare Ribs

1 kg pork spare ribs

6 tbs water

salt & pepper

(SERVES FOUR)

Place ribs in double thickness of foil. Season with salt and pepper. Add water and seal edges tightly. Place on griddle for 30 minutes to render out fat. Remove ribs from foil and place on char-grill over low heat. BBQ for 30 minutes, basting frequently with glaze.

Glaze

1 cup pineapple juice

1 cup orange juice

2 cloves garlic

2 tbs dry sherry

2 tbs raw sugar

2 tsp dried mustard

1 chilli, seeded & chopped

1/2 tsp allspice

Place ingredients in saucepan, bring to the boil and reduce by half.

Adjust seasoning with salt and pepper. Brush over ribs when they are on the char-grill.

MEAT & FISH

Filled Beef Burgers

(SERVES ONE)

200g minced beef
strips skinned pepper
onion
1 rasher bacon
sour cream topping
lettuce
avocado
olive oil
salt & pepper
bun

Pack half the mince lightly into a 10cm scone cutter. Place pepper in centre and season. Top with the other half of mince and seal pepper inside burger. Brush griddle lightly with oil and preheat. Sear burger for 3 minutes, turn and season. Reduce heat to moderate and BBQ for 6 minutes on 2nd side. Turn once only.

Top burger with lettuce, onion, avocado, grilled bacon and sour cream topping, and place in a bun.

TRY THESE FILLINGS...

Mozzarella cheese, sun dried tomatoes and basil. Cook as above and top with spinach, onions and lettuce.

Pineapple and skinned pepper. Cook as above and top with lettuce cucumber and soy sauce.

Blue castello or stilton cheese. Cook as above and top with grilled bacon, pepper, lettuce and Worcestershire sauce.

Barbecued Fish In Banana Leaves

(SERVES FOUR)

4 whole fish (cleaned & scaled) or 4 thick fish cutlets
125gm butter or margarine
1 tbs. chopped fresh tarragon, or 1 tsp. dried leaves
1 tbs. Lemon juice
1 tsp. salt
freshly ground black pepper
banana leaves (spinach leaves can be used instead - banana leaves are hard to come by in the Northern Hemisphere!)

If using whole fish, slash 3 deep cuts on each side, no need to slash cutlets. Cream butter with all ingredients except banana or spinach leaves. Spread resulting paste into slashes & inside fish, or on both sides of cutlets. Remove centre ribs from leaves. Pour boiling water over leaves to soften. Wrap fish in leaves, then wrap parcels in 2 layers of tin foil, ensuring edges will not let juices out. Place on hot char-grill plate, cooking for about 10 minutes on each side, the fish will be white & flaky when cooked. Serve in parcels, so each person can unwrap their own fish and enjoy the mouth watering aroma of their meal.

Chicken Breasts Filled With French Cheese

(SERVES SIX)

250 gm camembert cheese (remove rind)
2 cloves crushed garlic
25gm fresh chopped parsley
2 tbs. chopped fresh basil
1 tbs. oil
8 skinned chicken breast fillets
8 bacon rashers

Soften cheese in a bowl and mix in all

ingredients except chicken, bacon and oil. Cut a slit along side of chicken breast and insert cheese mixture.

Wrap bacon around and secure parcels with wooden cocktail sticks. Heat and oil griddle plate. Brown parcels on both sides then cook at a moderate heat for 15 minutes on each side, or until well browned and tender. The bacon protects the outside of the chicken from over cooking and holds the juices in.

PS Stilton can be used for an alternative flavour.

FOR THE SWEET TOOTH

Aunt Sally's Drop Scones

(MAKES ABOUT 15)

125gm self raising flour
2 tbs. castor sugar
1/4 tsp. bicarbonate of soda
2 tsp. water
200gm pot fruit yoghurt
1 egg
30 gm butter or margarine, for frying

Place all the ingredients in a bowl and beat until well blended and smooth. Heat up the griddle plate, add some butter. Drop tablespoons of batter mix and spread out slightly with a spatula. Cook over a low heat until bubbles appear on the surface, then turn and cook on the other side. Repeat procedure, adding more butter as necessary. Serve with your favourite spread - especially nice served hot from the griddle with ice cream and maple syrup, or strawberry jam and whipped cream.

Macs Chocolate Banana

(SERVES ONE)

1 banana
2 cubes of chocolate
Dribble of Bailey's (optional)

Peel the banana down one side (taking care not to remove the skin completely). Make a cut along the length of the banana and insert the chocolate. Replace the banana skin and wrap in a lose parcel of tin foil. Place on a moderate char-grill or griddle for about 15-20 minutes. Serve with baileys or ice cream.

Banana Calypso

(SERVES ONE)

1 banana
1 tsp. Brown Sugar
Dark rum
Cream

Place the bananas, in their skins on the char-grill over a low heat. Cook until black all over and the banana peel is soft. Remove from the barbecue and slit lengthways to expose the centre. Add brown sugar and a little rum. Ignite the rum and top with cream.